Check it out...

Some water filters remove the fluoride from your water. Charcoal filters do not remove fluoride.

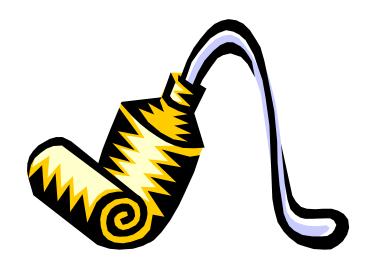
Make sure to check the label of bottled water to see if it contains fluoride.

Free fluoride drops or tablets are available with medical coupons.

Questions?
Southwest Washington Health District
Oral Health Promotion
Melody Scheer, RDH
360-397-8215 x 3078

It's Not Just for Kids...

FLUORIDE IS FOR EVERYBODY!



How Fluoride Helps the Teeth of Children AND Adults



While Teeth Are Growing

If you gave your baby fluoride before his teeth came in, it was built into the outer part of the tooth (the enamel). Hard enamel makes teeth much stronger against the acid that is produced by the bacteria every time you eat something with sugar in it. Acid is produced for 20 minutes in your mouth every time you eat something with sugar in it.



On the Inside

Fluoride can come from your community's drinking water or from drops or tablets that you chew and swallow. All of these can reduce decay by 50–80%.

Fluoride drops (for ages 6 mo.–3 yrs) or tablets (for ages 3–14 yrs) are recommended for those who live in non-water fluoridated areas. Ask your physician or dentist for a prescription. Regular use of fluoride drops or tablets from 6 months to 14 years will save many expensive dental bills

After Teeth Enter the Mouth

When fluoride washes over your teeth, it makes the enamel stronger to fight decay.



Stopping Decay Early

When fluoride touches part of a tooth already softened by acid, it can

re-harden the enamel. Adults may find that fluoride will make teeth less sensitive to hot and cold



On the Outside

Topical fluorides strengthen only the teeth that are present in the mouth. Since they are not swallowed, they should be used frequently. They can reduce decay from 20–40%. Topical fluorides include toothpastes, fluoride treatments at the dentist's office, and fluoride mouthwashes. Fluoride mouth rinses are available "over the counter."

